A multidisciplinary team approach to supporting youth with type 1 diabetes who need additional support

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Background

- Children and adolescents with type 1 diabetes (T1D) and HbA1c levels above 9% are at increased risk of long-term complications
- Adolescents are more likely to experience an episode of DKA compared to adults and face a 20% higher risk of hospital readmission
- Our diabetes team developed a collaborative approach to reduce DKA readmissions and decrease the number of patients with HbA1c levels above 9%

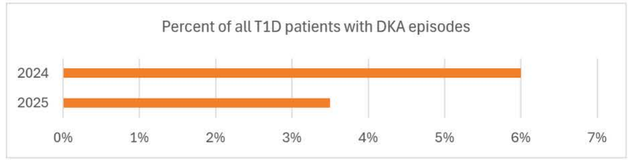
Aim Statement

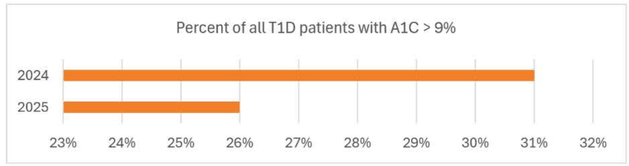
Reduce DKA readmissions and decrease the number of patients with HbA1c levels above 9% from 2024 to 2025

Intervention/PDSAs

- PDSA 1: Create patient list including all patients with A1c > 9%
- PDSA 2: Initiate monthly meetings to discuss patients with type 1 diabetes with A1C > 9%
- PDSA 3: Create dedicated outreach team (social work and nursing) to check in with patients monthly
- PDSA 4: Expand list to include patients with type 2 diabetes, severe hypoglycemia, recent pump starts, psychosocial needs, and new onset diabetes
- PDSA 5: Engage administrative team to coordinate follow up appointments
- PDSA 6: Collaborate with adolescent medicine team regarding patients needing additional support
- PDSA 7: Assign dedicated team member to contact patient based on acuity of assistance needed

Results





- These clinical improvements correlated with the launch of the high-risk registry, which included over 35% of the T1D clinic population.

Conclusions

Our multidisciplinary team approach may help improve outcomes for youth with T1D, identified to have additional needs. Based on these findings, the program has expanded to include patients with severe hypoglycemia, recent pump starts, new diagnosis, psychosocial barriers, and those lost to follow-up.

Limitations

- Our findings were observational and we cannot say that our interventions were causational
- Certain patients may be hard to reach
- List of patients became extensive leading to challenges with patient outreach

Future Initiatives

